

RCSS School Health Advisory Council Minutes

Meeting Date: February 25, 2019

Location: RCSS Boardroom

Council Members Present:

Edwina Ashworth (Director of Administrative Services for Students); Monica Hurley (Lead School Nurse); Jayme Robertson (Child Nutrition); Eric Gee (Assistant Principal)
Kelly Green (Asst. Director-School Nutrition); Greg Brewer (Safety Coordinator); Susan Robbins (School Social Worker)

Minutes:

Edwina Ashworth called meeting to order.

Minutes from last meeting were discussed, modified and approved.

Old Business:

Reviewed goals from 2018-2019:

1. Increase knowledge of social/emotional needs and provide support as appropriate through professional development:
 - a. Reconnect to Resilience (counselors, social workers, nurses)
 - b. Safe-Talk (student advocates)
 - c. Trauma Informed Classroom (2 representatives from each of the 31 schools)
 - d. Mental Health First Aid (student advocates)
2. Increase staff knowledge of student health concerns related to drug and tobacco use/abuse
 - a. Health Department health educators provided information to health/PE teachers K-5 and 9-12. Also, presented to counselors K-12.
3. Increase staff awareness of health topics to promote staff wellness
 - a. Mr. Trotter forwards a Wellness Newsletter to all staff.
 - b. Trinity Area participates in Run 5 Feed 5. Several other schools also participate in similar events.
 - c. Schools are involved in different competitions such as the "Biggest Loser."

New Business/ Roundtable Discussion:

- Sam Varner will send out information regarding an upcoming Health Fair (1st Tuesday and Wednesday in June) which is open to all RCSS employees.
- Katie Husband received a grant for a school garden (Level Cross Elementary).
- The RCSS Menu Committee has begun discussion on recipes so send them in.
- Monica Hurley is advocating for a change in paperwork where the doctors can sign off on school nurses being allowed to apply “little” things like Vaseline.
- Chicken Pox is on the rise despite the vaccinations.
- AED machines can be turned in when expired to get a discount on new ones.
- Greg Brewer shared that RCSS is now “live” as far as OSHA is concerned. Greg feels that the county’s safety as a whole is moving in the right direction.
- Council members discussed wellness needs:
 - How do we get information/training to all departments?
 - Guest speakers
 - Athletes’ diet/nutrition wellness
 - WHS is willing to pilot presentations on healthy choices and nutrition
 - Vape Pens and Juuls have become a big issue, especially in the high schools.
 - Committee discussed educating parents at high school open houses at the beginning of the 2019-2020 school year.

Next Meeting: 4-29-19

Meeting Adjourned.